

# HOW HEALTHY ARE WE?

## Community Report Card

### CHELAN, DOUGLAS & OKANOGAN COUNTY ADULTS PREVALENCE OF ASTHMA

Asthma is a lung disease that causes trouble with breathing and is one of the most common chronic diseases worldwide. Asthma can be life threatening if not properly managed. Washington State's asthma rate is among the highest in the United States.

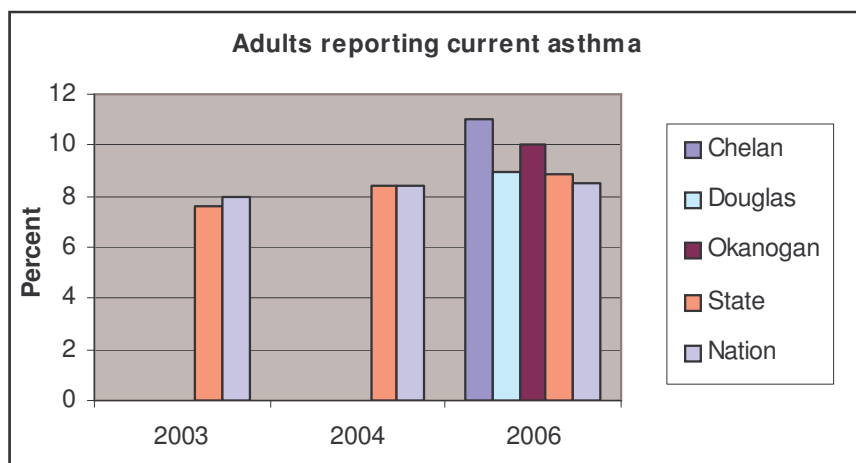
**Obesity and cigarette smoking are associated with higher asthma rates.**

Limiting exposure to environmental triggers such as second hand smoke plays an important role in asthma management.<sup>1, 2</sup>

#### Prevalence of Asthma – Adults

Current adult asthma prevalence is defined as having been told by a health professional that you have asthma and reporting that you still have asthma.

About one out of nine (11%) in Chelan County<sup>3</sup>, one out of eight (12.5%) in Douglas County<sup>3</sup> and one out of ten (10%) in Okanogan County<sup>3</sup> residents reported current asthma in 2006<sup>3</sup>. This is higher than the state and the nation<sup>4</sup>.



Source: Chelan, Douglas and Okanogan County, Washington State and United States, BRFSS.

#### References:

1. American Lung Association of Washington. Facts about asthma: [http://www.alaw.org/asthma/facts\\_about\\_asthma/](http://www.alaw.org/asthma/facts_about_asthma/).
2. Washington State Asthma Initiative. *Washington State Asthma Plan*. November, 2005. [http://www.alaw.org/pdfs/washington\\_state\\_asthma\\_plan.pdf](http://www.alaw.org/pdfs/washington_state_asthma_plan.pdf).
3. Washington State Department of Health, Center for Health Statistics, Washington State Behavioral Risk Factor Surveillance System Coordinator.
4. National Center for Chronic Disease Prevention and Health Promotion. *Behavioral Risk Factor Surveillance System*. <http://apps.nccd.cdc.gov/brfss/>.

# CHELAN AND DOUGLAS AND OKANOGAN COUNTY ADULTS

## TOBACCO

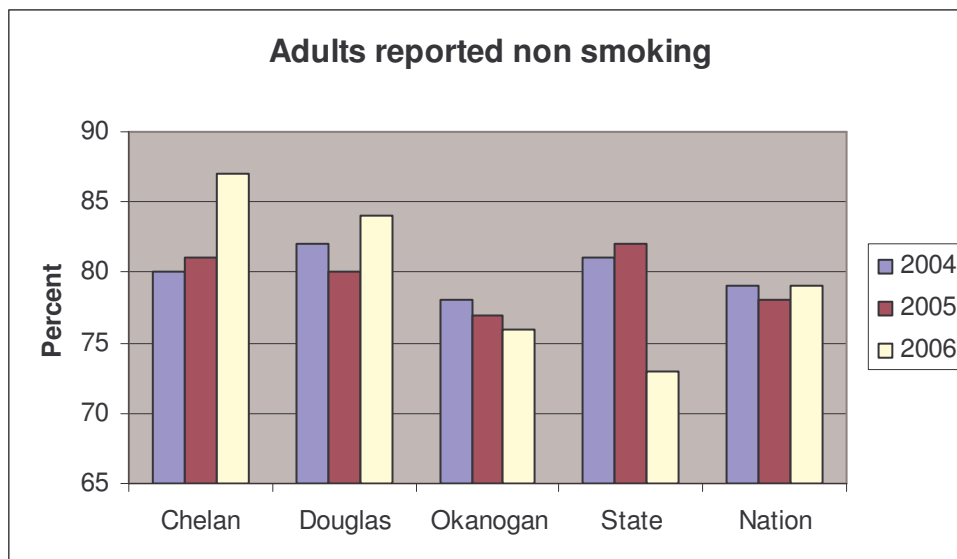
Tobacco use is the leading cause of preventable death in the United States. Cigarette smoking greatly increases the risk of heart disease, stroke, lung cancer, and chronic lung diseases. **Secondhand smoke also contributes to heart disease and major lung conditions such as asthma in children.**<sup>1</sup>

### Tobacco Use - Adults

In 2006, four out of five adults (83%) in Chelan, Douglas, and Okanogan Counties were non smokers. This is an improvement from 2004, when one out of four adults (75%) was non smokers. Adult smoking levels in the nation have declined slightly in recent years.<sup>2, 3</sup> Of the remaining 17%, who currently smoke, the vast majority (93%) reported smoking more than half the days in the month and, on average, smoke more than 20 cigarettes (1 pack) a day.

In 2006, the proportion of non smokers in Okanogan County and overall in Washington State the proportion of non smokers increased slightly, compared to the nation where the proportion of non smokers stayed basically the same. In Douglas and Chelan Counties, the proportion of non smokers increased slightly.

Healthy People 2010 target: 88 percent of adults will not smoke.



## 2005 Chelan County

- 87% of households have a ban on smoking
- 0% of retailers sold tobacco products to minors
- 63% of smokers tried to quit in the past year
- 58% of tobacco users who had a healthcare visit in the past year were advised to quit by a healthcare professional
- 19% of smokers who have health insurance say that their insurance covers help in quitting smoking, such as counseling or nicotine patches

## 2005 Douglas County

- 82% of households have a ban on smoking
- 0% of retailers sold tobacco product to minors
- 62% of smokers tried to quit in the past year
- 58% of tobacco users who had a healthcare visit in the past year were advised to quit by a healthcare professional
- 15% of smokers who have health insurance say that their insurance covers help in quitting smoking, such as counseling or nicotine patches

## 2005 Okanogan County

- 75% of households have a ban on smoking
- 0% of retailers sold tobacco products to minors
- 54% of smokers tried to quit in the past year
- 58% of tobacco users who had a healthcare visit in the past year were advised to quit by a healthcare professional
- 18% of smokers who have health insurance say that their insurance covers help in quitting smoking, such as counseling or nicotine patches

### References:

1. U.S. Department of Health and Human Services. (January 2000). *Healthy people 2010*. (Conference Edition, in Two Volumes). Washington, DC: U.S. Government Printing Office.
2. Washington State Department of Health, Center for Health Statistics, Washington State Behavioral Risk Factor Surveillance System Coordinator. (2005). [unpublished data].
3. National Center for Chronic Disease Prevention and Health Promotion. *Behavioral Risk Factor Surveillance System*. Data retrieved September 2005 from various pages accessed through <http://apps.nccd.cdc.gov/brfss/>.

